DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE B1 MALL 30X30 FITNESS HUB

WEEK 3 - 14 NOVEMBER TO 20 NOVEMBER

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14 NOVEMBER	**15 NOVEMBER**	**16 NOVEMBER**	**17 NOVEMBER**	**18 NOVEMBER**	**19 NOVEMBER**	**20 NOVEMBER**
		7:45 PM – 8:15 PM Zumba Indoor Concourse	7:45 PM – 8:15 PM Pilates Indoor Concourse	7:45 PM – 8:15 PM HIIT Indoor Concourse	7:45 PM – 8:15 PM Core Blast Indoor Concourse	8:30 PM – 9:00 PM Zumba Indoor Concourse
		8:30 PM – 9:00 PM Pilates Indoor Concourse	8:30 PM – 9:00 PM Breathworks Indoor Concourse	8:30 PM – 9:00 PM Yoga Indoor Concourse	8:30 PM – 9:00 PM Breathworks Indoor Concourse	8:30 PM – 9:00 PM Pilates Indoor Concourse

BOOK VIA: https://forms.gle/Xi9r6Nfji4KkgiAX7

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE B1 MALL 30X30 FITNESS HUB

WEEK 4 - 21 NOVEMBER TO 27 NOVEMBER

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 NOVEMBER	**22 NOVEMBER**	**23 NOVEMBER**	**24 NOVEMBER**	**25 NOVEMBER**	**26 NOVEMBER**	**27 NOVEMBER**
6:30 PM – 7:00 PM Zumba Indoor Concourse	6:30 PM – 7:00 PM HIIT Indoor Concourse	7:45 PM – 8:15 PM Zumba Indoor Concourse	7:45 PM – 8:15 PM Pilates Indoor Concourse	7:45 PM – 8:15 PM HIIT Indoor Concourse	7:45 PM – 8:15 PM Core Blast Indoor Concourse	7:45 PM – 8:15 PM Zumba Indoor Concourse
7:45 PM – 8:15 PM Breathworks Indoor Concourse	7:45 PM – 8:15 PM Yoga Indoor Concourse	8:30 PM – 9:00 PM Pilates Indoor Concourse	8:30 PM – 9:00 PM Breathworks Indoor Concourse	8:30 PM – 9:00 PM Yoga Indoor Concourse	8:30 PM – 9:00 PM Breathworks Indoor Concourse	8:30 PM – 9:00 PM Pilates Indoor Concourse

BOOK VIA: https://forms.gle/Xi9r6Nfji4KkgiAX7

DFC FITNESS HUB - SCHEDULE

DUBAI FITNESS CHALLENGE

FITNESS HUB NAME	THE B1 MALL 30X30 FITNESS HUB

WEEK 5 - 28 NOVEMBER & 29 NOVEMBER

SATURDAY	SUNDAY
28 NOVEMBER	**29 NOVEMBER**
6:30 PM – 7:00 PM Zumba Indoor Concourse	6:30 PM – 7:00PM HIIT Indoor Concourse
7:45 PM – 8:15 PM Breathworks Indoor Concourse	7:45 PM – 8:15 PM Yoga Indoor Concourse

BOOK VIA: https://forms.gle/Xi9r6Nfji4KkgiAX7